



Mitchell Mustang

Volume 34, Issue 5

January 2010

From the Principal's Desk...

Important Dates

- ☺ January 5th: PTO Meeting, 6pm
- ☺ January 11th-22nd: White Sale
- ☺ January 18th: Martin Luther King Day, No school
- ☺ January 21st: Class picture day



Dear Parents,

Happy New Year! It is hard to believe that we are in the year 2010. Wasn't it just yesterday that we were worried about Y2K? The first half of the school year is already behind us and our 5th graders are beginning to taste middle school. We appreciate all of the love and support that has been shown for our staff through the PTO staff appreciation breakfast, not to mention the individual cards and gifts during the holiday season. We all feel tremendously blessed to be a part of the Mitchell community.

In January we hope to begin the process for remodeling our kitchen and cafeteria. This has been scheduled last year and due to problems with the architect, never happened. It is an exciting process and I will keep you posted on the plans and timeline.

We will spend time the first week back aligning the standards and setting goals for the rest of the school year.

Sincerely,
Debbie Garrison

Thank you **Beauchamp Jewelers!**
For donating holiday food baskets
to the Mitchell Community! We
greatly appreciate your support!

Holiday Giving Corral
A **huge thank you** to everyone
who generously brought in
items for the Giving Corral!

Fund your student's
cafeteria account
online at:

mylunchmoney.com

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TEAMS UP WITH**

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Pick up your card
today in the office.



Become a Mitchell Elementary School PTO Booster!

_____ \$5 _____ \$10 _____ \$20 _____ \$50 _____ \$100 _____ other

Please return this slip and your donation to the school office. Make checks payable to: Mitchell Elementary PTO. Your cancelled check will be your receipt. Your contribution will automatically enroll you as a Mitchell PTO Booster.

Mitchell's January White Sale!

January 11th-22nd

6-piece bed set: 1 Flat Sheet

1 Fitted Sheet

4 Pillow Cases

600-thread count: **\$20**

1200-thread count: **\$40**

Prizes

1st place: laptop computer

2nd place: digital camera

3rd place: mp3 player

Class with most sales: Ice Cream Party

Teacher with highest class sales: \$40 gas card

PTO uses fundraiser dollars to pay for field trips, after school programs, supplies and many more supplemental items for our children, teachers and community.

Health & Wellness News: Brain Boosting Foods

Did you know that you could help boost your brainpower by eating brain super foods? Yes, our brains function better when we feed them brain-boosting foods. These foods will help to battle the ill effects of neurotoxins in the environment as well. This is especially important to our children with growing, developing, and learning brains. Why not optimize the development by providing the best nutrition for our brains? Our brain needs fuel, not simply calories, but foods packed with brain boosting nutrients. The following are seven good ones to keep on hand and some ways to make them “kid friendly”.



Avocado—one of the most easily digestible sources of high quality protein and healthy fats. Avocado contains antioxidants, fiber, and folate, among other ingredients. Avocados are high in calories, so eat them in moderation.

Kid Friendly ways to prepare: Mashed up on sandwiches; Mix up guacamole with tomato, onion, cilantro, little diced jalapeno, a splash of lime juice and a pinch of salt.

Oatmeal—Oatmeal promotes healthy blood flow

to help you brain function better. It also contains fiber, protein, antioxidants, and a bit of Omega-3's. Have a bowl for breakfast for stable energy all morning long.

Make it fun—Add a scoop of low fat vanilla ice cream, or some blueberries and milk!

Salmon—Salmon is packed with Omega-3 fatty acids. These essential fats are linked to improved cognition, alertness, and memory.

Make it yummy—Marinate the salmon in teriyaki sauce and a bit of brown sugar, then grill it.

Nuts—Nuts contain protein and beneficial fats. They also provide a good dose of vitamin E, which promotes brain function. Almonds are the most nutritious.

Ways kids like nuts:

Mix up a trail mix with some raisins, almonds, peanuts, and seeds to eat on the go. Add sliced almonds to salads oatmeal, cereal, or pancakes

Blueberries—Blueberries are a super food

packed with nutrients. They are great for your body as well as your brain. Buy fresh, unsweetened frozen or dried blueberries.

Kids like it --Add blueberries to yogurt, ice cream and cereal for a yummy treat.

Beans—So good, so versatile and so affordable! How about some whole or refried beans with tacos, quesadillas, or in a burrito!

Eggs—Eggs contain protein and fat and are another

source of stable energy for your brain. Choline is a chemical building block, found in eggs, of every cell and has been linked to improve memory.

For Kids—Hard-boil eggs and cut into fun shapes, or Scrambled eggs with some cheese folded in a tortilla or on a sandwich

For Sale in the Office!

New Youth Long Sleeve Tee-Shirts \$15

Adult Long Sleeve Tee-Shirts \$20

Short Sleeve Tee-Shirts \$10

Backpacks\$10

Pencils .25

Entertainment Books still available!



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Picanha. No one treats top sirloin like we do. We start out with the finest cuts available. Then, using only the most delicate seasonings, we grill them over an open fire, sealings in all their juices and flavor. To top it off, we slice the sizzling Picanha off the skewers, fork tender, right at your table. Come to think of it, you'll be pretty pampered yourself.



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